

the guardian weekly

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Level » Lower intermediate
Style » Lesson plan



Welcome to the Guardian Weekly's special news-based materials to support learners and teachers of English. Each month, the Guardian Weekly newspaper selects topical news articles that can be used to practise English language skills. The materials are graded for two levels: advanced and lower intermediate. These worksheets can be downloaded free from guardian.co.uk/weekly/. You can also find more advice for teachers and learners from the Guardian Weekly's Learning English section on the site.

No stopping after eating 25,000 Big Macs

Materials prepared by Janet Hardy-Gould

Instructions

Lesson focus: listening, reading, present perfect
Materials: article, dictionaries
Time: 50 minutes

- 1 Ask the class: Is there anything that you eat or drink every day? Why? For example, *I always have a cup of coffee in the morning because it wakes me up*. Students move around the class, they ask/answer the question and try to find somebody with the same food habits. Feedback. **8 mins**
- 2 Write on board: *sesame seed bun, pickles, onions, sauce, cheese, fries, soft drinks, fat, calories, packaging*. Ask: What type of food is the article about? Students discuss in pairs and check meanings in dictionaries. Establish *fast food*. **7 mins**
- 3 Write up the gapped headline: No stopping after eating ____ Big Macs. Explain that Don Gorske has eaten a Big Mac every day for a long time. What number might go in the gap? Note their ideas. **5 mins**
- 4 Student task 1. Read out the first three paragraphs twice. Students listen and note answers. Paircheck. Give out the article. Students check their answers. Who guessed the nearest number of burgers? **10 mins**
 - a How many years ago did Gorske begin to eat Big Macs?
 - b How many Big Macs has he eaten?
 - c How old is he?
 - d On what date did he start eating Big Macs?
 - e How many burgers did he eat on the first day?
 - f How many days has he gone without a Big Mac?
- 5 Student task 2. Students read the rest of the article and complete these sentences. **8 mins**
 - a Gorske's doctor thinks he's ...
 - b A Big Mac has high quantities of ...
 - c Gorske thinks it is positive that Gorske doesn't ...
 - d When Gorske eats a Big Mac he ...

Answers a healthy b fat/sodium. c have fries or soft drinks. d always enjoys it.
- 6 Student task 3. Students complete the text with the present perfect or simple past. Feedback. **12 mins**

Gorske (a) ____ (eat) at least one Big Mac every day for thirty-nine years. He first (b) ____ (start) buying the burgers in 1972 and he (c) ____ (consume) thousands since then. Last month, he (d) ____ (order) his 25,000th Big Mac and he (e) ____ (celebrate) the event at his local McDonald's. Gorske knows the exact number because he (f) ____ (keep) a record of the burgers that he (g) ____ (buy) over the years.

Answers: a has eaten b started c has consumed d ordered e celebrated f has kept g has bought

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Materials sheet

Student tasks

1 Listen and answer these questions.

a How many years ago did Gorske begin to eat Big Macs?

b How many Big Macs has he eaten?

c How old is he?

d On what date did he start eating Big Macs?

e How many burgers did he eat on the first day?

f How many days has he gone without a Big Mac?

2 Read the article from paragraph 4 onwards and complete these sentences

a Gorske's doctor thinks he's ...

b A Big Mac has high quantities of ...

c Gidus thinks it is positive that Gorske doesn't ...

d When Gorske eats a Big Mac he ...

3 Complete the text with the present perfect or simple past.

Gorske (a) (eat) at least one Big Mac every day for thirty-nine years. He first

(b) (start) buying the

burgers in 1972 and he (c)

(consume) thousands since then. Last month, he

(d) (order) his 25,000th

Big Mac and he (e)

(celebrate) the event at his local McDonald's. Gorske

knows the exact number because he

(f) (keep) a record of the

burgers that he (g) (buy)

over the years.

Article: No stopping after eating 25,000 Big Macs

1 Thirty-nine years after his first mouthful, a retired prison guard has entered the record books by finishing his 25,000th Big Mac.

2 Don Gorske passed the milestone at a McDonald's restaurant in his hometown in Wisconsin. "I plan on eating Big Macs until I die," said the 57-year-old. "I have no intention of changing. It's still my favourite food. Nothing has changed in 39 years. I look forward to it every day."



Don Gorske takes a bite at his record Patrick Flood/AP

3 Gorske's obsession with the burger - two beef patties, sauce, lettuce, cheese, pickles and onions on a sesame seed bun - started on 17 May 1972 when he bought three Big Macs to celebrate the purchase of a new car. He says he enjoyed them so much that he went back to McDonald's twice the same day, eating nine burgers. He has only gone eight days without a Big Mac since his first bite.

4 Despite his diet Gorske has been described as healthy by his doctor and he takes regular exercise.

5 However, he did admit to an obsessive compulsive personality, adding he liked to collect the packaging and enjoyed counting his Big Macs because of a love of numbers.

6 McDonald's says there are 540 calories in a Big Mac, which is more than a quarter of the calories a person on an average 2,000-calorie diet would consume. The burger also contains 29g of fat and 1,040mg of sodium, which are both more than 40% of the daily recommended amount.

7 Medical experts do not recommend the Gorske diet. Tara Gidus, a Florida dietitian, said Gorske probably has good genetics to thank for his health, as well as the fact that he didn't order fries and soft drinks with his burger.

8 She said she is "less concerned about the bad stuff in the Big Mac and more concerned about the good stuff he's missing", such as fruit and vegetables.

9 Before tucking into his 25,000th burger Gorske said: "I really do enjoy every Big Mac."

Original article by Matthew Taylor, rewritten by Janet Hardy-Gould